



Eating right, simplified.

2,800 Calorie Plan (Basic) 6meals/day

DAY 1

Breakfast

7:00 AM

whole grain rolled oats, dry	1 Cup(s)	299 cal
raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 89 g (70%) / **Protein** 7 g (6%) / **Fat** 13 g (24%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
apples	1 medium	72 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 30 g (30%) / **Protein** 29 g (29%) / **Fat** 18 g (41%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

whole wheat tortillas	3 tortilla	381 cal
turkey breast, roasted	4 1/2 oz	173 cal
hummus, lower sodium	2 1/2 Tbsp	65 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	6 leaf	6 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 63 g (40%) / **Protein** 53 g (34%) / **Fat** 18 g (26%) / **Fluid** 22

NOTES:

Snack

3:00 PM

nut and raisin granola bars	1 bar	127 cal
drinking water	1 Cup(s)	0 cal
bananas	1 small	90 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 303 cal / **Carbs** 53 g (67%) / **Protein** 12 g (15%) / **Fat** 6 g (18%) / **Fluid** 18

NOTES:



Eating right, simplified.

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	3 oz	111 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
lentil beans, no salt, boiled	3/4 Cup(s)	172 cal

MEAL TOTAL: **Calories** 620 cal / **Carbs** 87 g (55%) / **Protein** 50 g (32%) / **Fat** 9 g (13%) / **Fluid** 32

NOTES:

Snack

8:00 PM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 1/2 cup	80 cal
graham crackers, low-fat	3/4 oz	82 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 67 g (73%) / **Protein** 14 g (16%) / **Fat** 4 g (11%) / **Fluid** 29

NOTES:

DAY 1 TOTAL: **Calories** 2,799 cal / **Carbs** 389 g (55%) / **Protein** 166 g (23%) / **Fat** 70 g (22%) / **Fluid** 144



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
drinking water	2 Cup(s)	0 cal
skim milk with calcium	2 Cup(s)	173 cal
multi-grain cheerios cereal	2 Cup(s)	240 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 98 g (66%) / **Protein** 28 g (19%) / **Fat** 10 g (15%) / **Fluid** 35

NOTES:

Snack

10:00 AM

oranges	1 1/2 fruit	103 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 50 g (47%) / **Protein** 11 g (10%) / **Fat** 20 g (43%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
apples	1 small	55 cal
olive oil, mayonnaise, light	2 tsp	33 cal
tomatoes	1/2 Cup(s)	16 cal
chicken, boneless, roasted	4 1/2 oz	213 cal
avocados	1/4 cup	58 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 53 g (39%) / **Protein** 39 g (29%) / **Fat** 19 g (32%) / **Fluid** 26

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
cantaloupe melon	2 cup	106 cal
vanilla yogurt, low-fat	10 oz	241 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 65 g (72%) / **Protein** 17 g (18%) / **Fat** 4 g (10%) / **Fluid** 33

NOTES:



Eating right, simplified.

Dinner

6:00 PM

yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	1 3/4 Cup(s)	77 cal
beef t-bone, broiled	3 oz	161 cal
butter, no salt	1/2 Tbsp	51 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 88 g (56%) / **Protein** 32 g (21%) / **Fat** 15 g (23%) / **Fluid** 30

NOTES:

Snack

8:00 PM

low-fat cottage cheese, 1%	1 Cup(s)	163 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 1/2 Cup(s)	69 cal
graham crackers, low-fat	1 oz	109 cal

MEAL TOTAL: **Calories** 341 cal / **Carbs** 45 g (52%) / **Protein** 31 g (36%) / **Fat** 5 g (12%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: **Calories** 2,802 cal / **Carbs** 398 g (55%) / **Protein** 158 g (22%) / **Fat** 73 g (23%) / **Fluid** 176



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat mini bagel	2 bagel	200 cal
smooth peanut butter, no salt	3 Tbsp	282 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 61 g (42%) / **Protein** 28 g (19%) / **Fat** 26 g (39%) / **Fluid** 16

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 47 g (49%) / **Protein** 31 g (32%) / **Fat** 8 g (19%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	3 oz	84 cal
whole wheat tortillas	3 tortilla	381 cal
apples	1 small	55 cal
olive oil, mayonnaise, light	3 tsp	49 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 73 g (50%) / **Protein** 32 g (22%) / **Fat** 18 g (28%) / **Fluid** 21

NOTES:

Snack

3:00 PM

wheat thin crackers	20 crackers	160 cal
celery	10 medium stalk	64 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 47 g (60%) / **Protein** 8 g (11%) / **Fat** 10 g (29%) / **Fluid** 30

NOTES:



Eating right, simplified.

Dinner

6:00 PM

macaroni, cooked	1 1/2 Cup(s)	260 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	2 Cup(s)	0 cal
marinara spaghetti sauce, ready to serve	1 Cup(s)	123 cal
italian spiced pork chops	2 serving	199 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 88 g (54%) / **Protein** 53 g (33%) / **Fat** 9 g (13%) / **Fluid** 36

NOTES:

Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	8 oz	193 cal
raspberries	1 Cup(s)	64 cal
graham crackers, low-fat	1 oz	109 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 68 g (72%) / **Protein** 14 g (15%) / **Fat** 5 g (13%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: **Calories** 2,816 cal / **Carbs** 383 g (53%) / **Protein** 167 g (23%) / **Fat** 77 g (24%) / **Fluid** 154



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

whole grain rolled oats, dry	1 1/8 Cup(s)	337 cal
drinking water	2 Cup(s)	0 cal
bananas	1 small	90 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 86 g (68%) / **Protein** 7 g (6%) / **Fat** 14 g (26%) / **Fluid** 20

NOTES:

Snack

10:00 AM

peanuts, no salt, dry-roasted	1 oz	166 cal
drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
wheat thin crackers	16 crackers	128 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 46 g (47%) / **Protein** 10 g (10%) / **Fat** 18 g (43%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 roll	74 cal
extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
avocados	1/4 cup	58 cal
macaroni, cooked	1 Cup(s)	174 cal
italian spiced pork chops	2 serving	199 cal

MEAL TOTAL: **Calories** 597 cal / **Carbs** 64 g (42%) / **Protein** 48 g (31%) / **Fat** 19 g (27%) / **Fluid** 30

NOTES:

Snack

3:00 PM

skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
nut and raisin granola bars	2 bar	254 cal

MEAL TOTAL: **Calories** 341 cal / **Carbs** 48 g (54%) / **Protein** 13 g (15%) / **Fat** 12 g (31%) / **Fluid** 16

NOTES:



Eating right, simplified.

Dinner

6:00 PM

beef t-bone, broiled	3 oz	161 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
asparagus, boiled	12 spears	40 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 91 g (58%) / **Protein** 42 g (27%) / **Fat** 10 g (15%) / **Fluid** 30

NOTES:

Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
strawberries	1 Cup(s)	46 cal
graham crackers, low-fat	1 serving	135 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 46 g (48%) / **Protein** 38 g (40%) / **Fat** 5 g (12%) / **Fluid** 28

NOTES:

DAY 4 TOTAL: **Calories** 2,800 cal / **Carbs** 381 g (53%) / **Protein** 158 g (22%) / **Fat** 78 g (25%) / **Fluid** 144



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

multi-grain cheerios cereal	2 Cup(s)	240 cal
strawberry greek yogurt, nonfat	1 1/4 Cup(s)	238 cal
drinking water	1 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 87 g (63%) / **Protein** 31 g (23%) / **Fat** 9 g (14%) / **Fluid** 10

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
graham crackers, low-fat	1 oz	109 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 43 g (46%) / **Protein** 10 g (11%) / **Fat** 18 g (43%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	2 Tbsp	52 cal
whole-wheat pita bread	2 small	149 cal
avocados	1/4 cup	58 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	5 oz	193 cal
wheat thin crackers	20 crackers	160 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 68 g (42%) / **Protein** 53 g (33%) / **Fat** 18 g (25%) / **Fluid** 23

NOTES:

Snack

3:00 PM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
raspberries	1 1/2 Cup(s)	96 cal

MEAL TOTAL: **Calories** 289 cal / **Carbs** 53 g (70%) / **Protein** 13 g (18%) / **Fat** 4 g (12%) / **Fluid** 27

NOTES:



Eating right, simplified.

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
whole wheat dinner rolls	2 roll	149 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	1 serving	186 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 87 g (55%) / **Protein** 40 g (25%) / **Fat** 14 g (20%) / **Fluid** 30

NOTES:

Snack

8:00 PM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 47 g (49%) / **Protein** 31 g (32%) / **Fat** 8 g (19%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: **Calories** 2,822 cal / **Carbs** 386 g (53%) / **Protein** 179 g (25%) / **Fat** 71 g (22%) / **Fluid** 134



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
whole wheat mini bagel	2 bagel	200 cal
smooth peanut butter, no salt	3 Tbsp	282 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 61 g (42%) / **Protein** 28 g (19%) / **Fat** 26 g (39%) / **Fluid** 16

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 5/8 Cup(s)	264 cal
drinking water	2 Cup(s)	0 cal
raisins, seedless	1/4 cup	123 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 43 g (43%) / **Protein** 47 g (48%) / **Fat** 4 g (9%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

mediterranean chicken	1 serving	186 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 82 g (55%) / **Protein** 39 g (26%) / **Fat** 13 g (19%) / **Fluid** 30

NOTES:

Snack

3:00 PM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 39 g (42%) / **Protein** 9 g (10%) / **Fat** 20 g (48%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

marinara spaghetti sauce, ready to serve	1 Cup(s)	123 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	3 oz	130 cal
macaroni, cooked	1 1/2 Cup(s)	260 cal
asparagus, boiled	18 spears	59 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 86 g (57%) / **Protein** 42 g (28%) / **Fat** 10 g (15%) / **Fluid** 39

NOTES:

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Eating right, simplified.

Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	1 Cup(s)	208 cal
strawberries	1 Cup(s)	46 cal
graham crackers, low-fat	1 oz	109 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 67 g (72%) / **Protein** 15 g (16%) / **Fat** 5 g (12%) / **Fluid** 27

NOTES:

DAY 6 TOTAL: **Calories** 2,807 cal / **Carbs** 377 g (51%) / **Protein** 180 g (25%) / **Fat** 77 g (24%) / **Fluid** 157



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat mini bagel	2 bagel	200 cal
whole eggs, scrambled	1 large	91 cal
cantaloupe melon	1 3/4 cup	93 cal

MEAL TOTAL: **Calories** 470 cal / **Carbs** 75 g (63%) / **Protein** 25 g (21%) / **Fat** 9 g (16%) / **Fluid** 25

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
celery	10 medium stalk	64 cal
drinking water	2 Cup(s)	0 cal
wheat thin crackers	16 crackers	128 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 42 g (37%) / **Protein** 14 g (13%) / **Fat** 25 g (50%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

apples	1 small	55 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	3 tsp	49 cal
whole wheat tortillas	3 tortilla	381 cal
sliced ham, extra lean, low-sodium	3 oz	111 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 75 g (51%) / **Protein** 27 g (18%) / **Fat** 20 g (31%) / **Fluid** 24

NOTES:

Snack

3:00 PM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	2 cup	106 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 57 g (72%) / **Protein** 14 g (18%) / **Fat** 3 g (10%) / **Fluid** 32

NOTES:



Eating right, simplified.

Dinner

6:00 PM

chicken, boneless, roasted	4 oz	189 cal
drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	1 3/4 Cup(s)	77 cal
extra virgin olive oil	1/2 Tbsp	60 cal
whole wheat dinner rolls	2 roll	149 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 633 cal / **Carbs** 83 g (51%) / **Protein** 39 g (24%) / **Fat** 18 g (25%) / **Fluid** 29

NOTES:

Snack

8:00 PM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
bananas	1 small	90 cal
graham crackers, low-fat	1 oz	109 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 51 g (56%) / **Protein** 31 g (34%) / **Fat** 4 g (10%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: **Calories** 2,799 cal / **Carbs** 384 g (54%) / **Protein** 150 g (21%) / **Fat** 79 g (25%) / **Fluid** 164



Eating right, simplified.



2 Servings

italian spiced pork chops

Ingredients

sage, ground
1/4 tsp

onions
1/4 cup

pork tenderloin
6 oz

black pepper
2 dash

paprika
1/4 tsp

Nutrition Totals

Calories 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4 fl oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



Eating right, simplified.

Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		100
		% Daily Value*
Total Fat	1.9g	3%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.2mg	18%
Sodium	45.8mg	2%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.3g	2%
Total Sugar	0.6g	
Protein	18g	
Vitamin D	6.8IU	1%
Calcium	10mg	1%
Iron	0.9mg	5%
Potassium	368.5mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Eating right, simplified.



4 Servings

mediterranean chicken

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
1 1/2 fl. oz.

garlic
1 clove

Nutrition Totals

Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Eating right, simplified.

Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.7mg	1%
Iron	0.4mg	2%
Potassium	391.3mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Eating right, simplified.

Shopping List

Accompaniments

marinara spaghetti sauce, ready to serve

2 Cup(s)

olive oil, mayonnaise, light

8 tsp

Beef

beef t-bone, broiled

6 oz

Beverages

drinking water

74 Cup(s)

iced tea, green

32 fl. oz.

Bread

whole-wheat pita bread

8 small

whole wheat dinner rolls

6 roll

whole wheat mini bagel

6 bagel

whole wheat tortillas

9 tortilla

Cereal & Grain Products

macaroni, cooked

4 Cup(s)

multi-grain cheerios cereal

4 Cup(s)

whole grain rolled oats, dry

2.13 Cup(s)

wild rice, cooked

5.5 Cup(s)

Cookies & Crackers

graham crackers, low-fat

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Eating right, simplified.

5.75 oz
1 serving
wheat thin crackers
72 crackers

Dairy & Egg

butter, no salt
0.5 Tbsp
low-fat cottage cheese, 1%
7.63 Cup(s)
skim milk with calcium
7 Cup(s)
strawberry greek yogurt, nonfat
1.25 Cup(s)
vanilla yogurt, low-fat
42 oz
1 Cup(s)
whole eggs, scrambled
5 large

Fats & Oils

extra virgin olive oil
1.5 Tbsp
olive oil
1 Tbsp

Finfish & Shellfish

salmon, cooked
3 oz
tuna fish, very low-sodium, in water
3 oz
yellowfin tuna fish, cooked
3 oz

Fruits & Juices

apples
1 medium
5 small
avocados
0.75 cup
bananas
6 small
cantaloupe melon
7.25 cup

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Eating right, simplified.

lemon juice
0.76 fl. oz.
oranges
2.5 fruit
raisins, seedless
0.5 cup
raspberries
2.5 Cup(s)
strawberries
3.5 Cup(s)

Ingredients

balsamic vinegar
0.5 Tbsp

Legumes & Beans

green snap beans, no salt, boiled
6 Cup(s)
hummus, lower sodium
7.5 Tbsp
lentil beans, no salt, boiled
0.75 Cup(s)

Nuts & Seeds

peanuts, no salt, dry-roasted
3 oz
smooth peanut butter, no salt
12.5 Tbsp

Pork

pork tenderloin
12 oz

Poultry

chicken, boneless, roasted
8.5 oz
chicken breast, boneless skinless
8 oz
turkey breast, roasted
9.5 oz

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Eating right, simplified.

Sausages & Meats

sliced ham, extra lean, low-sodium
3 oz

Snacks

nut and raisin granola bars
7 bar

Spices & Herbs

black pepper
4 dash
paprika
0.5 tsp
sage, ground
0.5 tsp

Vegetables

asparagus, boiled
30 spears
cauliflower, no salt, boiled
2 Cup(s)
celery
20 medium stalk
garlic
0.5 clove
onions
0.5 cup
romaine lettuce
12 leaf
2 Cup(s)
tomatoes
1.25 Cup(s)
yams, no salt, boiled or baked
2.5 Cup(s)